



# VEGETABLES!



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## FACT

Sandy (North East) has the #10 lowest daily vegetable consumption in Utah.

*(Based on 63 areas of similar size)*

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# WHERE'S THE BEEF?

## VEGGIES?

### TIPS

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body. Here are some tips to incorporate more vegetables into your daily diet:

**TOP YOUR PROTEINS WITH SAUTÉED VEGETABLES** – peppers, onions, tomatoes, etc.

**REPLACE CARBS WITH VEGGIES** – try cauliflower mash instead of potatoes OR zucchini noodles instead of pasta.

**USE LETTUCE AS BREAD** – make a lettuce wrap with chicken salad or stir-fry or use lettuce for a burger.

**STOCK UP ON SALSA** – a whole serving of vegetables are packed into every ½ serving; full of flavor and fiber.

**ADD SPINACH** – you can add a handful of spinach to soups, stews or casseroles, or smoothies

**DRESS UP YOUR VEGGIES** – eating simply steamed veggies gets old. Add a little olive oil and some flavoring (garlic, sherry vinegar) and you've got big, bold flavors.

**EAT EDAMAME** – edamame is loaded with protein and fiber and tastes great. Throw them into a salad, stir-fry, soups or eat them alone!